



## FEBRUARY 2006

*Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publish this SafetyGram. Please visit our web site at [www.nasoceana.navy.mil/safety](http://www.nasoceana.navy.mil/safety) for additional information. The Widest dissemination within your organization is encouraged.*

**Safety note:** Commands Please schedule your Traffic Safety and Recreational and Off Duty Safety (RODS) training, that is being given by the BMT Designers & Planners contractor, through our office. Please contact Mrs. Deloris Rodgers at 433-2692 with your requests. She will forward the requests to region. Also, a copy of the roster shall be forwarded to Mrs. Rodgers.

### ATTENTION

Due to the Secretary of the Navy mandated instruction review, End Date 31DEC05, Many changes have occurred regarding both SECNAV AND OPNAV instructions. A number of SECNAV instructions have been either updated, Consolidated, Cancelled, or Superseded by OPNAV Instructions. Please Refer To [CHANGE MATRIX](#) for updated information. To review OPNAV 5100.23G please refer to. [http://neds.daps.dla.mil/directives/5100\\_23G.pdf](http://neds.daps.dla.mil/directives/5100_23G.pdf).



## Are Your Kids Safe Online?

The Internet is fast become a tool of everyday life providing an excellent source of information for children as well as adults. Your child can safely enjoy using the internet to access material on any subject to fill a curious mind, entertain or help with homework Parents should encourage their children to feel comfortable using the web, if they are not already, but they should also teach them safety guidelines.

Every newer model computer automatically comes with built in blocking capabilities. Through a password setup, parents can decide just how much language; sex, violence or nudity will be allowed in their home. If someone tries to pull up a site that contains inappropriate content you will not be allowed to enter without first entering your private password. A word of caution though, If a site is "un-rated" you will not be able to view it either and many sites online may be perfectly fine to

visit but remain un-rated. There are many products available for purchase that can also aid in blocking content. You can also ask your internet provider about other features that block children's access to adult oriented sites, chat rooms, e-mail or bulletin boards. Just as web sites can offer inappropriate content, there are also an alarming number of Internet predators lurking in cyberspace looking for innocent victims.

Just as parents and schools take the time to teach about stranger danger in your hometown, children need to be aware of strangers online as well. Children feel safe in their own home and often do not comprehend how their safety can be compromised through equipment so similar to a television. Having Internet rules for your home can help safeguard your family against these potential dangers. 1. Parents should learn how to access their computers history. Being able to pull up the most recent previewed sites can help parents to know what sites their child visits.

Keep your computer in an open location of your home where parents can easily monitor Internet use. Allow children to only be online when parents are home.

Teach children not to give out personal information over the Internet like address, school, friend's names, and age, phone number, etc. Kids love the idea of using a different online username...encourage them to use it always and not give out their real name. Do not allow them post their picture without your permission either.



**BABY...BE SAFE!**

*February is Child Passenger Safety Month*

To help increase the awareness of child passenger safety, we have highlighted information to help you protect your child, when he or she is a passenger in a motor vehicle. This information, provided by the National Highway Traffic Safety Administration (NHTSA), targets tips about traffic safety, child car safety seats, use of seat belts, and the use of booster seats.

Did You Know...

That traffic crashes are the number one cause of death and injury for children after the first year of life. Six out of ten children killed in crashes are completely unrestrained.

Did You Know...

That ninety-six percent of parents believe their children are properly buckled in their child safety seats. However, data from actual inspections show that at least four out five children riding in child safety seats improperly restrained.

Did You Know...

That motor vehicle crashes are the leading cause of **accidental** death in the United States. Many of these deaths and injuries could have been prevented if the victims had been properly restrained in safety belts, child safety seats and boosters.

Did You Know...

That at least **80%** children in car safety seats are improperly restrained? To protect your child, follow these recommended steps.



### **STEP #1**

USE REAR-FACING CHILD SEATS for children from birth to at least 20 pounds **and** at least one year of age.

- ✓ The harness straps should be at or below shoulder level. For babies under one year and over 20lbs., use a safety seat approved for heavier babies and continue to ride rear facing until at least one year of age.

### **STEP #2**

USE FORWARD-FACING CHILD SEATS for children over 20 pounds and at least one year old to about 40 pounds and about age four.

- ✓ The harness straps should be at or above shoulder level. Most convertibles, forward-facing seats require use of the top slot for forward-facing seats.

### **STEP #3**

USE BELT-POSITIONING BOOSTER SEATS for children from about 40 pounds to about 80 pounds and 4'9".

- ✓ Belt positioning booster seats must be used with both lap and shoulder belts. Never use a booster seat with a lap belt only. Make sure the lap belt fits low and tight to avoid abdominal injuries.

#### STEP #4

USE SEATS BELTS! Seat belts for older children should be large enough for the belt to fit correctly: at least 4'9".

- ✓ If a child can sit their back straight against the vehicle seat back cushion, with their knees bent over the vehicle's seat edge without slouching, they can be moved out of the booster seat into the regular back seat.

### **IMPORTANT SAFETY TIPS TO REMEMBER!!!**

Never place your child in the front seat of a vehicle equipped with an air bag. All children 12 and under should sit properly restrained in the back seat.

Never use old, or re-used child car safety seats. An older seat may have passed the manufacturers expiration date. An appropriate age of a car safety seat should be six years or less. And you must be certain that it has not been involved in a crash.

Always carefully read both the vehicle owner's manual and the instructions that come with the child safety seat.

Have your child safety car seat inspected and/or installed by a certified child safety seat technician.

(For inspection site locations, visit [www.nhtsa.dot.gov](http://www.nhtsa.dot.gov) and click on "Child Safety Seat Inspections", or call 1-888-DASH-2-DOT.)

#### **OSHA's 10 Most Frequently Cited Standards of 2005**

Including links to training programs available through the  
National Safety Council

RANK	VIOLATION (STANDARD)	TOTAL VIOLATIONS
1.	Scaffolding (1926.451 ) <a href="#">Compliance Training: Construction sites</a>	8,891
2.	Hazard Communication (1910.1200 ) <a href="#">Compliance Training: Hazard Communication</a>	7,267
3.	Fall Protection (1926.501) <a href="#">Compliance Training: Construction sites</a>	6,122
4.	Respiratory Protection (1910.134) <a href="#">On-line Training Available: Respiratory Protection</a>	4,278
5.	Lockout/Tagout (1910.147) <a href="#">Compliance Training: Lockout / Tagout</a>	4,051
6.	Powered Industrial Trucks (1910.178) <a href="#">Compliance Training: Powered Industrial Trucks</a>	3,115
7.	Electrical Wiring (1910.305) <a href="#">Compliance Training: Electrical Safety</a>	3,077

<b>8.</b>	Machine Guarding (1910.212)	2,956
	<a href="#">Compliance Training: Machine Guarding</a>	
<b>9.</b>	Electrical Gen. Requirements (1910.303 )	2,348
	<a href="#">Compliance Training: Electrical Safety</a>	
<b>10.</b>	Ladders (1926.1053)	2,276
	<a href="#">Compliance Training: Construction sites</a>	

For more information on OSHA's most frequently cited violations, plus a Q&A with OSHA's Richard Fairfax, read the December issue of [Safety + Health Magazine](#). This article can be purchased separately by [clicking here](#).